

24-Hour pH Monitoring and Impedance Study for Your Child

We use pH monitoring to diagnose esophageal reflux. We pass a small tube through the nose into the esophagus. The nurse connects the tube to a small device that measures the acid present in the esophagus. This device will be carried for 22-24 hours and record meal periods, sleeping periods, and reflux symptoms. The device measures how often acid moves into the esophagus from the stomach and if this relates to your child's symptoms.

Getting Ready

This test can be done either on or off acid blocking medicine. The doctor will let you know if you need to stop your medicines for testing. **Only stop your acid blocking medicine if the doctor tells you to do so.**

Day of Procedure

- **Your child should stop eating and drinking 4 hours before you arrive.**
- Plan to be here about 45 minutes.
- We may numb your child's nose and insert a small tube through the nose and into the esophagus.
- After the tube is placed, we will ask your child to eat and drink. If you have noticed any foods that make your child's symptoms worse, please have them at home to eat during the test.

- The nurse will teach you how to use the device and the diary. All your questions will be answered during the visit.
- You must handle the device with care. Do not drop or bang it. Your child may **not** shower/bathe or get it wet.

Return of Device and Probe Removal

At the end of the study, your child will return to the clinic to get the probe removed and return the device. Please bring the diary with you as well.

After the Test

We will enter the results from the study into a computer. Please allow 1-2 weeks for the final report to be sent to your child's doctor to review.

Who to Call

American Family Children's Hospital GI Clinic: **608-263-6400**

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2019. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8121